



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09190, Mulberries, raw

Report Date: June 30, 2017 15:19 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 140g	10.0 fruit 15g
Proximates						
Water	g	87.68	1	--	122.75	13.15
Energy	kcal	43	--	--	60	6
Energy	kJ	180	--	--	252	27
Protein	g	1.44	--	--	2.02	0.22
Total lipid (fat)	g	0.39	--	--	0.55	0.06
Ash	g	0.69	--	--	0.97	0.10
Carbohydrate, by difference	g	9.80	--	--	13.72	1.47
Fiber, total dietary	g	1.7	--	--	2.4	0.3
Sugars, total	g	8.10	--	--	11.34	1.22
Minerals						
Calcium, Ca	mg	39	--	--	55	6
Iron, Fe	mg	1.85	--	--	2.59	0.28
Magnesium, Mg	mg	18	1	--	25	3
Phosphorus, P	mg	38	--	--	53	6
Potassium, K	mg	194	1	--	272	29
Sodium, Na	mg	10	1	--	14	2
Zinc, Zn	mg	0.12	--	--	0.17	0.02
Copper, Cu	mg	0.060	--	--	0.084	0.009
Selenium, Se	µg	0.6	--	--	0.8	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	36.4	--	--	51.0	5.5
Thiamin	mg	0.029	--	--	0.041	0.004

Nutrient	Unit	1			1 cup 140g	10.0 fruit 15g	
		Value Per 100 g	Data points	Std. Error			
Riboflavin	mg	0.101	--	--	0.141		0.015
Niacin	mg	0.620	--	--	0.868		0.093
Vitamin B-6	mg	0.050	--	--	0.070		0.007
Folate, total	µg	6	--	--	8		1
Folic acid	µg	0	--	--	0		0
Folate, food	µg	6	--	--	8		1
Folate, DFE	µg	6	--	--	8		1
Choline, total	mg	12.3	--	--	17.2		1.8
Vitamin B-12	µg	0.00	--	--	0.00		0.00
Vitamin B-12, added	µg	0.00	--	--	0.00		0.00
Vitamin A, RAE	µg	1	--	--	1		0
Retinol	µg	0	--	--	0		0
Carotene, beta	µg	9	--	--	13		1
Carotene, alpha	µg	12	--	--	17		2
Cryptoxanthin, beta	µg	0	--	--	0		0
Vitamin A, IU	IU	25	--	--	35		4
Lycopene	µg	0	--	--	0		0
Lutein + zeaxanthin	µg	136	--	--	190		20
Vitamin E (alpha-tocopherol)	mg	0.87	--	--	1.22		0.13
Vitamin E, added	mg	0.00	--	--	0.00		0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0		0.0
Vitamin D	IU	0	--	--	0		0
Vitamin K (phylloquinone)	µg	7.8	--	--	10.9		1.2
Lipids							
Fatty acids, total saturated	g	0.027	--	--	0.038		0.004
4:0	g	0.000	--	--	0.000		0.000
6:0	g	0.000	--	--	0.000		0.000
8:0	g	0.000	--	--	0.000		0.000
10:0	g	0.000	--	--	0.000		0.000
12:0	g	0.000	--	--	0.000		0.000
14:0	g	0.000	--	--	0.000		0.000
16:0	g	0.006	--	--	0.008		0.001
18:0	g	0.020	--	--	0.028		0.003

Nutrient	Unit	1			1 cup 140g	10.0 fruit 15g	
		Value Per 100	Data points	Std. Error			
Fatty acids, total monounsaturated	g	0.041	--	--	0.057		0.006
16:1 undifferentiated	g	0.000	--	--	0.000		0.000
18:1 undifferentiated	g	0.041	--	--	0.057		0.006
20:1	g	0.000	--	--	0.000		0.000
22:1 undifferentiated	g	0.000	--	--	0.000		0.000
Fatty acids, total polyunsaturated	g	0.207	--	--	0.290		0.031
18:2 undifferentiated	g	0.206	--	--	0.288		0.031
18:3 undifferentiated	g	0.001	--	--	0.001		0.000
18:4	g	0.000	--	--	0.000		0.000
20:4 undifferentiated	g	0.000	--	--	0.000		0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000		0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000		0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000		0.000
Fatty acids, total trans	g	0.000	--	--	0.000		0.000
Cholesterol	mg	0	--	--	0		0
Amino Acids							
Other							
Alcohol, ethyl	g	0.0	--	--	0.0		0.0
Caffeine	mg	0	--	--	0		0
Theobromine	mg	0	--	--	0		0
Flavonoids							
Flavones							
Apigenin ¹	mg	0.0	1	--	0.0		0.0
Luteolin ¹	mg	0.0	1	--	0.0		0.0
Flavonols							
Kaempferol ¹	mg	0.0	1	--	0.0		0.0
Quercetin ¹	mg	2.5	1	--	3.5		0.4

¹Lugasi, A. and Hovari, J. Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71